corps

E-NEWS FLASH FROM PENINSULA MRC-APRIL 2013

"HEARTBEAT" NEWS

Peninsula MRC Volunteers to date = 320 Approved Level 1, 2, 3

WELCOME NEW VOLUNTEERS: Brian Logue, Audreuna McNeal, and Tina Williams

THANK YOU to volunteers who served or trained in March: Dale Bull, Leah Cassada, Sonnie Cody, Fran Doyle, Debbie Klimczynski, Mary Ann Loesch, Audreuna McNeal, Maggie McNeely, Patricia Moore, Patricia Olson, Amarlia Osouna, Dorothy Phillips, Carol Perenzin, Annalisa Schaeperkoetter, Barbara Smith, Claudia Spurill, Kathleen Whitehead.

36 Volunteers Provided 127.25 Hours of Service; 91.75 Non-Medical and 35.5 Medical and were sent 6 VVHS Alerts

Events and Trainings for March 2013: Diabetes Alert Day, Hands Together Homeless Event, Blood Pressure Screenings at five underserved sites, Program Support, ICS-100, ICS-700, and Peninsula MRC Orientation.



Help us prevent 1 million heart attacks and strokes in five years. http://millionhearts.hhs.gov/index.html Peninsula MRC Volunteers Patricia Moore (accompanied by HOSA Students),

Carolyn Conley, and Mary Loesch provided 71 BP Screenings in March 2013.

Health and Resources Fair Serves Homeless in Greater Williamsburg...

On March 4, nearly 40 Peninsula Medical Reserve Corps (MRC) Volunteers, Peninsula HD staff and New Horizons Health Occupation Students of America (HOSA) joined forces to provide medical services at the Hands Together Historic Triangle event. They provided a range of health screenings, general health assessments and education as well as STI testing and/



to more than 200 attendees, some of whom were children. In all, more than 35 professionals from auto repair shops to social services agencies onhand in the day-long event.



Photos: Left: Peninsula HD staff administer vaccinations; Top: Dale Bull provides hygiene education and body mass index testing; Bottom: Barbara Smith assists with a general health assessment.

Diabetes Alert Day:

On March 26, five Peninsula MRC volunteers assisted the Peninsula Diabetes Task Force by conducting diabetes screenings based on a formatted questionnaire for Diabetes Alert Day at three locations throughout Newport News. The team performed 219 atrisk screenings for Type 2 Diabetes, finding 94 of those screened to be at risk. Diabetes prevention and management information was also shared at the event.



Volunteers (red shirts) Sonnie Cody and Claudia Spurill

Did you know...

The first week of April is

National Public Health Week? It is celebrated by focusing attention on issues that promote health, well-

ty across the



country. Join the celebration this year April 1-7. Contact Peninsula MRC to see how you can get involved, and watch our Facebook page for your Tip of the Day. We all have a role in supporting a strong public health system and putting prevention to work in our lives.

For more information visit http://www.nphw.org/



This website provides needs assessment tools for individuals, families, and businesses to use to tailor disaster preparations to their own unique circumstances.

Peninsula Medical Reserve Corps - Peninsula and Hampton Health Districts

Volunteers Protecting the Health of Virginia





Training...

Is still the gateway to rapid deployment during a disaster. Peninsula MRC is working on putting together some Just In Time Training resources to help refresh your training disaster-side, and enhance your training in order to step in to a specific function at the time you are needed.

View Eastern Region MRC Training Calendar calendar

Public Health Outreach...

Is still a big part of the day to day operation in Peninsula MRC.

Peninsula MRC is engaging in a new Million Hearts Campaign Challenge and is making important connections in the community to increase and enhance services to the homeless and our Veterans. If you would like to know how you can help, please contact Teresa. To learn more about the Million Hearts Campaign visit: http://millionhearts.hhs.gov/index.html

To see where we are providing important services in the near future, visit:

<u>View Peninsula MRC Public</u> <u>Health and Outreach Calendar</u> calendar



Information distributed at Diabetes Alert day. (Photo by Maggie McNeely)

Exercises...

Everybody loves exercises, and so do we.

We have two opportunities coming up:

- 1.) Riverside Doctors Hospital Full Scale Evacuation Exercise—April 17
- 2.) Christopher Newport University State Managed Shelter Full-Scale Exercise—May 22 Please respond to the Alert in your email if you are able to come out.

We have the FEMA graded Surry exercises coming up this Spring. Keep an eye on what is coming up:

<u>View Peninsula MRC EP & R</u> <u>Exercise Calendar calendar</u>

(Please note, if the links to the calendars do not work on your computer, please visit our website to see them.)

Emergency Response...



It does seem like disasters are on the rise...

Fortunately we don't have a calendar of events for this one. But be prepared because your help will be needed. Take a free on-line course to be better prepared. Copy and paste this link in to your browser, or come in to the Peninsula MRC Office to pick up the study manual.

http:// www.training.fema.gov/ EMIWeb/IS/ courseOverview.aspx?

code=is-22



Contact Information:

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Please bookmark these websites:

PenMRC: http://www.vdh.virginia.gov/MRC/peninsulamrc

VVHS (Virginia Volunteer Health System): https://vms.vdh.virginia.gov/vms/default.jsp?main=reg

TRAINVirginia: http://va.train.org

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